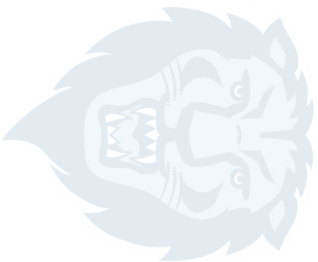


2019 LIONS FENCING CAMP

LIONS FENCING CAMP

Michael Aufrichtig
The Dodge Physical Fitness Center
3030 Broadway
MC 1906
New York, NY 10027



DATES:

EPEE - AUG 2ND - AUG 6TH

FOIL & SABRE - AUG 7TH - AUG 11TH

OPEN TO BOYS & GIRLS AGES 14-18

PEREC.COLUMBIA.EDU/FENCINGCAMP

CAMP STAFF:



MICHEAL AUFRICHTIG, Head Coach

Michael Aufrichtig is in his eighth year as the head men's and women's fencing coach for Columbia University, which was marked with two Ivy League Championships for both the men's and women's teams. During his tenure, the men's team record was 115-45 and women's 165- 24. Columbia's Men and Women's Team finished the 2015 and 2016 season ranked #1 winning the NCAA Championships as well as winning the Men Ivy Championships (2014, 2015, 2016, 2017, 2018, 2019) and Women Ivy League Championships (2015, 2016, 2018, 2019). Michael Aufrichtig is the recipient of the 2016 USA Fencing Coaches Association Varsity Coach of the Year Award.



SEOUNG WOO LEE

joined the Columbia fencing staff as a foil/epee coach in February 2012. Formerly the head coach of the Korean National Senior Women's Foil team, Lee has extensive coaching experience with junior and cadet foil and epee students. Lee was a coach at the Fencers Club and Peter Westbrook Foundation and now owns Top Fencing. Coaching epee and foil, he has coached a number of Olympic medalists and World champions. From 1998-2004, Lee coached foil and epee at the Paris University Club in France. He holds diplomas from the National Masters Fencing Academy of France, Korean National Sport University, and the Korean National Masters Fencing Academy.



AKHI SPENCER-EL

joined the Columbia fencing coaching staff in September of 2013. Spencer-El is a three-time U.S. Junior Sabre National Champion, a two-time Senior National Sabre Champion (1999, 2000) and was formerly ranked the No. 1 Junior Sabre fencer in the world (1998). He represented the United States in the 2000 Olympics and served as a coach for the United States in the 2016 Olympics in Rio. Coach Spencer-El is also a sabre coach with the Peter Westbrook Foundation.



DR: BRENT WALKER

is a leading educator and mental training consultant, enters his fifth year as the Associate Athletics Director for Championship Performance. Dr. Walker directs Columbia's Championship Performance Program, designed to help Columbia's varsity teams and more than 700 student-athletes win individual and team championships. He has presented over 75 mental training seminars nationwide and his clients have included athletes in professional sports, multiple Division I athletic departments, the U.S. Soccer Federation, and various youth sport organizations.

FENCING FITNESS ADVISORS



AHMED YILLA

brings substantial fitness and fencing experience to his third year of camp. He has been a personal trainer for over eight years and is a Master Trainer at New York Sports Club. In 2000, he was selected as a member of the USA Men's Jr. National Team for the Men's Sabre World Championships where he placed in the top 16 in the world. Ahmed has also been accredited as one of the "Top 100 Trainers" in the Town Sports International Corporation.



AARON DEGRAFFE

As a multi-sport athlete, Aaron DeGraffe developed his love for fitness and hard work at a young age. He attended Fordham University in NYC, where he balanced a rigorous academic schedule with a demanding training regimen as a member of the schools' Div. 1 Track & Field program. DeGraffe has worked in the fitness industry for eight years, and holds numerous certifications including National Academy of Sports Medicine (NASM) certified Personal Trainer, NASM- CES, Kettlebell and TRX Suspension Training.

Additional staff for the camp will consist of current Division I men's and women's fencers, including current Columbia players. Also other top fencing coaches could be on staff during the camp. A certified athletic trainer will be available at all times.

CAMP PHILOSOPHY

Lions Fencing Camp is open to any and all entrants aged 14 to 18. It is an opportunity for campers to learn a winning approach to competition preparation. Daily sessions emphasize and teach tactical knowledge, competitive bout situations as well as emphasis on mental preparation and competition planning.

The 2019 Lions Fencing Camp is designed for those fencers interested in competing at the highest level on the National and Collegiate level. The ideal camper has an interest in maximizing their fencing performance and learn new approaches to their competition preparation.

The Lions Fencing Camp is unique because it emphasizes practice techniques; specifically, how to practice under pressure in order to prepare for competition one faces in college or in a North America Cup. It also allows the campers to practice in Columbia's Fencing Room, walk on Columbia's Campus and eat in the Columbia Dining Halls. The program offers the following: Critical Bout situations, Fencing Specific Conditioning, Sports Psychology Seminar, Panel discussions, and college preparation.

CRITICAL BOUTING SITUATIONS will prepare fencers for college and NAC Competition by improving mindset, tactical decision making, practice strategies and drill recommendations. Fencers will learn how to create efficient practice sessions that simulate pressure situations, learn how to prepare for specific situations in a fencing match and become a better teammate through communication strategies. Each day campers will experience deliberately focused practice scenarios to improve their win percentage in particular situations both related to the score and time on the clock.

FENCING SPECIFIC CONDITIONING will cover training for speed, strength, agility and flexibility. Columbia's Fencing Fitness Advisers will run campers through training exercises and drills.

SPORTS PSYCHOLOGY SEMINAR with Columbia's Sports Psychologist Brent Walker discuss confidence with regards to preparation, competition and champion mindset.

PANEL DISCUSSION WITH WORLD TEAM MEMBERS includes USA World Team members and Columbia Team members who will discuss training, planning, competitive stories, balancing school, and fencing.

COLLEGE PREPARATION DISCUSSION will address the recruiting process including basic NCAA Rules, written correspondence, important dates, and deadlines for standardized testing.

COMPETITION Students will participate in simulated five touch NCAA Style tournament and a one touch challenge. Coaches will be interacting with campers during the competition.

Eligibility: Fencers who apply between the age of 14 and 18. Under NCAA rules, senior graduates may attend camp. Space is limited

DATES AND TUITION

Épée Aug 2nd – Aug 6th - \$875.00

Foil & Sabre Aug 7th – Aug 11th. - \$875.00

PAYMENT TO "GO TO YELL INC."

Both camps includes a T-shirt and lunch and Columbia Dining Halls and nearby restaurants. .

WHAT TO BRING

- Electric Fencing Gear
- Extra T-Shirt to change during the day
- Water bottle

FACILITIES

Camp will take place in **Dodge Fitness Center** in Columbia Fencing Room

DIRECTIONS

From Manhattan and New Jersey:

Take the Henry Hudson Parkway North to 95th/96th Street and exit. Use the 95th Street off ramp and turn left onto Riverside Drive. Proceed North (Uptown) on Riverside Drive until you reach 116th Street. Turn right at 116th Street and continue two blocks, at which you will find the entrance to Columbia University (116th and Broadway).

By Train or Bus:

Out of town trains arrive in New York City at either Penn Station (34th Street between 7th and 8th Ave) or Grand Central Station (42nd Street and Park Ave). Bus Service arrives at the Port Authority Bus Terminal (42nd Street and 8th Ave) from which one can take New York City Public Transportation. From either of these stations, you are able to take New York City public transportation to Columbia, at 116 St and Broadway. From Grand Central Station, take the S to Times Square. From Times Square, take the u train uptown to 116 St.



2019 LIONS FENCING CAMP REGISTRATION FORM

Name: _____
Address: _____
City: _____ State: _____ Zip: _____ Age: _____
Home Phone: _____ Parent's Work/Cell: _____
E-mail: _____
Signature of Parent/Guardian: _____ Date: _____
Medical Insurance Co.: _____ Policy #: _____
In case of emergency, call: _____ Telephone #: _____

Camp is open to any and all applicants within the stated age range. You agree and acknowledge that neither Lions Fencing Camp, The Trustees of Columbia University, in the City of New York (the "University"), nor any of its agents or employees, shall have responsibility for any loss, injury, or damage incurred or suffered by me or my child in connection with my child's participation in the Lions Fencing Camp, summer 2019 or including, but not limited to, any personal injury, death, or property damage, and hereby expressly waive all rights, claims, causes of action, and the like of any nature whatsoever which I or my heirs or legal representatives may have against the University or any of its agents or employees, representatives or assigns, including the Department of Intercollegiate Athletics and Physical Education, the coaching and training staff and the event's employees, from all claims resulting from any injuries, damage, illness, or death in connection with my child's participation in the Lions Fencing Camp. By signing this form, I agree and promise to indemnify, defend, and hold harmless the University and Lions Fencing Camp, as a result of any injuries, damage, illness, or death in connection with the Participant's attendance on the Lions Fencing Camp, summer 2019. Lions Fencing Camp, We'll further hereby give permission to the coaches, training staff, or other medical professionals to provide the care as deemed necessary to my child in case of injury or illness.

Return completed application & payment to:

Michael Aurfichtig - Fencing Coach - The Dodge Fitness Center
3030 Broadway MC 1906 • New York, NY 10027 • Phone: 212-854-8448 • Email: ma3110@columbia.edu

PARTICIPATION IN OR USE OF PHOTOGRAPH

For valuable consideration, I do hereby authorize the Trustees of Columbia University in the City of New York ("Columbia"), and those acting pursuant to its authority to:

- a. Photograph me for use in one or more publications relating to Lions Fencing Epee Camp.
- b. Exhibit or distribute the photographs and/or my likeness in whole or in part in any medium, whether now existing or later created, including digitally and online, without restrictions or limitation for any educational or promotional purpose which Columbia, and those acting pursuant to its authority, deem appropriate. I hereby release any and all rights I may have in such photographs, including intellectual property rights, right of publicity and all other rights.

Name of Camper: _____

Parent/Guardian Signature: _____

Date: _____

Witness Signature: _____

Date: _____